



Extension



4-H Foods and Nutrition Survey

Please check the answer that best matches your experience with the numbers below.

Right now, I KNOW....	Not			
	Nothing	Very much	A Little Bit	A lot
1. How to choose healthy foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. The different parts of the Food Pyramid	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. How to identify proper portion sizes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. How to measure correctly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. How to test my heart rate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. How to set fitness goals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. How to use a First Aid kit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. About careers in foods and nutrition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please tell us about yourself.

How old are you? _____

Are you a boy or a girl? _____

Are you a member of 4-H? _____

What is your ethnicity? (ie: white, Hispanic, black, etc.) _____

What do you hope to learn from the 4-H Foods and Nutrition program at your school? _____
